

## Community Events:

### KIDS NIGHT OUT

Drop the kiddos off from 6-10pm for a night of fun and food to take advantage of the free adult time. Ages: Potty trained to 10 years old.  
 \$15 for the first child  
 \$10 for each additional child  
 Please register by the previous Wednesday.

**September 7th Theme: Can't Stop the Feeling**  
**Movie: Trolls**

**September 21st Theme: The First Year Can be Rough**  
**Movie: Harry Potter and the Sorcerers Stone**

### CHILD WATCH:

Child watch is only offered during fitness classes. Please call or email 48 hours in advance to sign your child up, so we can have staff available. 720.870.2221  
 Not available for 6 am classes  
[southshore@denverymca.org](mailto:southshore@denverymca.org)

### CUB CLUB

Cub Club is the third Thursday of each month and is offered to kids ages 3-10. Register at the event or at the Southlands Management Office.



# September 2018

Southshore  
 27151 East Lakeview Drive  
 Aurora, CO 80016  
 720-870-2221

**FOR YOUTH DEVELOPMENT®**  
**FOR HEALTHY LIVING**  
**FOR SOCIAL RESPONSIBILITY**

Sun	Mon	Tue	Wed	Thurs	Fri	Sat
						1 Nia 9-10 am
2 NO Beginner Yoga & Meditation Class today	3 Labor Day Lakehouse closed  Pool open 10am-8pm	4 Strength Conditioning &Core 10:15am-11:15am  NO Cardio Sculpt  Yoga 6-7pm	5	6 Strength Conditioning 10:15am-11:15am	7 *Kids Night Out 6-10pm at the Lakehouse	8 Nia 9-10 am  Pool Open 10am-6pm (weather permit- ting)
9 Beginner Yoga & Meditation 6-7pm  Pool Open 10am-6pm (weather permit- ting)	10 Yoga 9:30-10:30am  Beginner Yoga & Meditation 6-7pm	11 Strength Conditioning &Core 10:15am-11:15am  NO Cardio Sculpt  Yoga 6-7pm	12	13 Strength Conditioning 10:15am-11:15am	14	15 Nia 9-10 am  Pool Open 10am-6pm (weather permit- ting)
16 Beginner Yoga & Meditation Class 6-7pm  Pool Open 10am-6pm (weather permit- ting)	17 Yoga 9:30-10:30am  Beginner Yoga & Meditation Class 6-7 pm	18 Strength Conditioning &Core 10:15am-11:15am  Cardio Sculpt 6-7pm  Yoga 6-7pm	19	20 Strength Conditioning 10:15am-11:15am  CUB CLUB 4-5pm@ Color Me Mine	21 *Kids Night Out 6-10pm at the Lakehouse	22 Nia 9-10 am
23 Beginner Yoga & Meditation 6-7pm 30 Begin- ner Yoga & Medita- tion 6-7pm	24 Yoga 9:30-10:30am  Beginner Yoga & Meditation 6-7pm	25 Strength & Conditioning 10:15am-11:15am  Cardio Sculpt 6-7pm  Yoga 6-7pm	26	27 Strength Conditioning 10:15am-11:15am	28	29 Nia 9-10 am

\* indicates pre registration required